

Diet vs Diet

By: Haven Kramer



You're at home, trying to decide what to have for dinner. You have three options; you can either make yourself a nice meal that consists of a piece of meat and a garden salad, you can order delivery of your choice so as to not have to worry about cooking yourself, or you can go to a fast food restaurant and eat out. What would you choose? In today's day and age, with everyone's busy/sedentary lifestyles most people would choose either option two or three. This is because most people don't have the time nor the energy to make themselves a nice healthy meal. When people become aware of these unhealthy choices that they have made, they say they are going on a "diet". They say this because they are unsatisfied with their body image and they believe that going on a "diet" will help them get back in shape. When in reality going on these "diets" will actually impact their weight negatively. In this blog, I will go over the presumption of what a "diet" is and how we should really be looking at "diets".

When people think of "diets", they think of periods of time when they eat nothing but healthy foods. That means, no candy, no fast food and no junk food. People believe that this will help them with their fitness goals. Going on these "diets" will not help you with your fitness goals. In fact, they will make you gain weight. This is because you are depriving your body of the nutrients it needs to

keep you energized so you can burn the calories you want to burn. If you go on this so called "diet", you may lose the weight you want but as soon as you stop the "diet", you gain all that weight you lost back and then some. I know you don't want that. So instead of "going on" a diet, "change" your diet.



This brings me to how we should look at diet. We as a community should not be looking at diets as a short-term change to help us lose weight. We should be looking at diets as a long-term lifestyle to increase our health. If we do this, we will not only be losing weight, but we will be able to maintain that weight loss for the rest of our lives, especially if we incorporate exercise in our lifestyle. When I said, "change your diet", what I really meant was change your choices. Instead of choosing option two or three from the beginning of the blog, choose option one more often, but don't think you can't choose the other options. What do I mean by this? I mean don't limit yourself to one option. I mean out of the three options; make yourself a meal, ask for delivery or go to a fast food restaurant, you should choose option one more than the other options and on rare occasions choose the other options. By doing this you will create a balanced diet, allowing you to be a healthy individual. The amount of times you choose one of the options should correlate with your fitness goals. If you want to lose weight, eat more health food i.e. meats and vegetables. If you want to build muscle, then you will want to eat more meats and grain foods i.e. breads, pasta etc. If you don't care about losing weight or gaining muscle or being a healthier person, you can eat whatever you want but I don't recommend you not caring about your health. In the end that choice to not care could create a disease that will be the cause of your death.

A diet is not about losing weight, a diet is more about giving our body the right amount of nutrients we need to stay or become healthy. That means eating a sufficient amount protein, carbs and yes fats as well allowing us to have enough energy throughout the day. If we reach the balanced diet, we will be that much closer to becoming healthy individuals. I hope this has enlighten you on how to look at your diet. Not sure what the correct combination of protein, carbs and fats are right for you? If you would like professional help, you can contact me via email, phone call, private message on Facebook. I look forward to helping you enable your world.

